REGINA metro®

NEWS WORTH SHARING.

Project still up, up and away

The Capital Pointe highrise is forging ahead on its two-year timeline, developers say PAGE 2

Ford offered $5K for video: Document

Police believe they overheard people on wiretaps saying the Toronto mayor wanted that video PAGE 3

SIGNED, SEALED, DELIVERED

METRO TAKES A LOOK AT THE COMPLEX SEAL-HUNT DEBATE PAGES 4 & 5

At the Centre of it all

Centre Square Place
2139 Broad Street, Regina
Mon-Fri: Noon-6pm / Sat-Sun: Noon-5pm
306.565.2300
www.centresquareplace.com

ALL-STARS TALK FUTURE

Roughriders receiver Weston Dressler speaks to media about his future on Wednesday at Mosaic Stadium, saying he hopes to work out for possibly a few NFL teams in the weeks ahead. Inset, running back Kory Sheets says if he stays in the CFL, he plans to remain with the Riders. Both have been named CFL all-stars for this past season. Story, page 14. ROSS ROMANIUK/METRO

It just doesn't add up: Sask. auditor

Surplus actually a deficit? Government scolded over 'pervasive' accounting errors for general revenue fund

Saskatchewan's auditor has issued an adverse opinion on the government's general revenue fund financial statements for "pervasive" accounting errors.

Acting auditor Judy Ferguson tabled her first report in the legislature Wednesday.

"There are so many errors it's too hard for the general person to make the adjustments, to figure out what the right information is," Ferguson said at a news conference.

She said her adverse audit opinion is the first ever issued in Saskatchewan.

The auditor said the government isn't following accounting principles generally accepted in Canada. If it had, she said, the general revenue fund would show an annual deficit of $590 million instead of the government's reported $58-million surplus.

Ferguson said the government hasn't included pension-related debt or long-term debt funding for things such as schools in its statements. She said the government has also, inappropriately, counted transfers from its rainy-day fund as revenue and recorded funding for capital projects as assets instead of expenses.

Saskatchewan Finance Minister Ken Krawetz took issue with the report and the adverse audit opinion.

"What the auditor wants to see happen to the general revenue fund is she wants it to be the summaries. And I've said for years, it's been the position of the former government, of this government, that we do not include the pension liabilities, that we do not include the growth and financial security fund transfers," said Krawetz.

Minister strikes back

"Our accountants say we are following accounting principles and this is a dispute between accountants."

Finance Minister Ken Krawetz, in response to Judy Ferguson's adverse audit opinion. Krawetz said the government does not believe it is giving people inaccurate information.

"I think really from a public (perspective), you should expect to receive accurate and reliable financial statements and accurate and reliable financial information from the government," she said.

"And so what we're saying in this case — these statements aren't reliable."

The province has been repeatedly criticized by the auditor for using two sets of financial books: one for the general fund and another summary statement, which several provincial auditors have said more accurately covers all areas of government.

THE CANADIAN PRESS

Did you know 72% of pain sufferers regularly have trouble sleeping?
© Johnson & Johnson 2013
For sleep tips & more visit
sleep-centre.ca
TYLENOL
NIGHTTIME

NEWS 1

Much-hyped highrise still on track, developers say

Capital Pointe. Group projects two-year build despite slew of changes put before city council

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

The high-profile Capital Pointe hotel and condominium project in downtown Regina is moving ahead with what its developers call an "aggressive" construction schedule and several, mostly minor changes to the tower's design.

"We think it's roughly a two-year window to get people living in the building," said Greg Black, development director for the 26-storey Capital Pointe project, on Wednesday at city hall.

After hearing the development group's request for amendments to the building's design, the city's planning commission approved an array of requested changes, including plans to reduce its footprint, add to the number of underground parking stalls and condense all of its hotel suites into one section of the complex — a move that will free space for additional condos.

City council will need to approve the changes at its Dec. 16 meeting before they can proceed.

Black said the developers will also build a heated bus shelter outside.

The addition of the shelter, he explained, was prompted by a newly minted city provision requiring a wind study for the building. That, he added, has revealed an "awful lot of wind that blows down that corner" of Albert Street and Victoria Avenue.

"We're going to try to design it so it fits with the overall architectural theme of the hotel itself," Black said.

Despite construction delays in the past couple of years, Black said there is "no question" that Capital Pointe will be completed. He noted that backers at Fortress Real Capital would not keep financing the project if they don't believe it will come to fruition.

Backers of the Capital Pointe hotel and condominium project — including development director Greg Black, far left, and Nick Circosta, senior manager with financier Fortress Real Capital, second from right — requested changes on Wednesday to the tower's design during a presentation to the city's planning commission. MARCO VIGLIOTTI/METRO

Labour unrest

Essential-services law gets rewritten

Saskatchewan is making changes to its essential-services legislation after years of court battles and labour dissent.

One of the changes means employers and unions won't have to negotiate a list of essential workers unless they reach an impasse in bargaining.

Under the current rule, the two sides have to automatically start negotiating who is essential 90 days before a contract expires.

Another thing that's changing: an employer's right to dictate which workers are essential if the two sides can't agree.

Employers would only be able to do that if a contract has expired, a new deal hasn't been reached and a strike vote has been taken.

Unions will be able to dispute all of the employers' choices.

Labour Minister Don Morgan says the changes won't be written into law until the Supreme Court of Canada decides whether Saskatchewan's labour laws are constitutional.

THE CANADIAN PRESS

Cameco Corp.

Uranium giant boosts its board

Uranium miner Cameco Corp. said Wednesday that Catherine Gignac has been appointed to the company's board of directors, effective Jan. 1.

Gignac has worked as a geologist, mining equity research analyst and consultant. The company said Gignac has had extensive experience in project value analysis and mergers and acquisitions.

Gignac also serves on the boards of St. Andrew Goldfields Ltd., Trevali Mining Corp. and Corvus Gold Inc.

Cameco is one of the world's largest uranium producers.

THE CANADIAN PRESS

Police think Ford offered to buy video for $5K and a car

Rob Ford saga. Toronto city council stripped mayor of most of his powers last month, but he said he'll run in the next municipal election

Toronto Mayor Rob Ford wipes his brow in the council chamber at city hall as councillors pass motions to limit his powers on Nov. 18. CHRIS YOUNG/THE CANADIAN PRESS

A newly released document says police believe they overheard people on wiretaps during a gang investigation saying Toronto Mayor Rob Ford offered them $5,000 and a car in exchange for a video.

Toronto police were in the midst of Project Traveller, a widespread drugs and weapons investigation involving alleged gang members, when the mayor's name surfaced on wiretaps in March and April.

That was about two months before the Toronto Star and U.S. website Gawker first reported that alleged drug dealers were shopping around a video that appeared to show Ford smoking crack cocaine.

Information that police gathered from those wiretaps was in the remaining portions of a document filed in the drug case of Ford's friend Alexander Lisi.

The document, which contains allegations not proven in court, also says police heard on the wiretaps that Ford had his phone stolen or lost at a home they believe to be a crack house and that Lisi was trying to get it back.

Police allege they overheard that Lisi threatened to "put the heat on" the gang if he didn't get Ford's phone back and that the alleged gang members said they will not tolerate Lisi's threats because they had a picture of Ford "on a pipe," which police believed meant a crack pipe.

In a conversation police heard on March 27, they allege they heard two men talking about plans to sell a tape and quoting Ford as saying "I'll give you five thousand and a car."

Mohamed Siad, who police believe was trying to sell a video of Ford appearing to smoke crack cocaine, said during the conversation that he would meet with him and ask for "150," which police believed meant $150,000, the document says.

The other man warned Siad that wouldn't be wise, as he would be putting himself in jeopardy, the document says.

Portions of the police document that were previously released showed former staffers alleged the mayor was intoxicated at work, drank while driving and associated with suspected prostitutes.

The police investigation was launched to probe allegations that a video showed the mayor smoking crack cocaine. Ford denied the media reports about the video for about five months, then admitted he had smoked crack, likely in a "drunken stupor."

THE CANADIAN PRESS

Homicide

Crack video a motive for man's murder, police told

Court documents unsealed Wednesday point to two rumoured motives for the murder of alleged gang member Anthony Smith: a retaliation over a robbery or, as Rob Ford's staff told police, the infamous crack cocaine video.

Sections of the new document detail how Ford's former chief of staff Mark Towhey and former "logistics director" David Price spoke with the police about how an anonymous tipster gave Price information about the video and Smith.

According to the documents, Price told Towhey, Doug Ford and later the police about two anonymous calls he received on May 17, the day after the crack video reports broke.

After Towhey contacted the police with Price's story, Price was interviewed. He told police on the morning of May 17, he got a call from a unknown number offering him information on "the drug dealers who had (the) tape" and gave the nickname and phone number Mohamed Siad (since identified by police as one of the people trying to sell the tape) and his friend, Mohamed Farah. In a second call that afternoon, Price was told the dealers who have the video could be found at unit 1703, 320 Dixon Rd.

As a result of the call, Price told Towhey, and later the police, the video was the motive for Smith's murder, the document states.

However, the police had a different theory about the murder, via the wiretaps being run in the Project Traveller gang investigation.

At the Loki Lounge on March 28, just before he was shot, Smith texted Liban Siyad to say he saw Saaid Mohiadin at the club and planned to assault him, the document says.

Siyad replied, "Okay halal meat," which police believe means "dead meat" or "kill him." In minutes, an altercation ensued, and Smith and Mohamed Khattak were shot. Smith died in hospital.

"The motive for the murder was also detailed during interceptions, and revealed the murder may have been retaliation for Smith and his associates robbing Mohiadin aka 'Post' last November," police wrote.

In the document, police noted that the motive for murder Price gave them is "believed to be incorrect" based on the robbery motive they heard on the wiretaps.

JESSICA SMITH CROSS/METRO IN TORONTO

Expense scandal

Liberal senator wants Gerstein off committee

Conservative Sen. Irving Gerstein has thwarted a Liberal move to oust him as chairman of a powerful Senate committee until he explains his role in the upper chamber's expenses scandal.

Liberal Sen. Céline Hervieux-Payette raised a point of order Wednesday asking that Gerstein step aside as chairman of the banking, trade and commerce committee until his name is cleared by the RCMP or he agrees to testify before another Senate committee about his role.

Gerstein, who heads the Conservative party's fundraising arm, has been identified in RCMP documents as a central figure in the scheme to reimburse Sen. Mike Duffy for his invalid expense claims and to interfere in an independent audit of Duffy's expenses.

Gerstein and other Conservative senators were clearly taken aback by Hervieux-Payette's move.

THE CANADIAN PRESS

Guilty woman talks at inquest

A woman who so severely neglected and starved her grandson that he wasted away and died portrayed herself in testimony Wednesday at a coroner's inquest in Toronto as the boy's only hope, lest he be shipped off to foster care.

Jeffrey Baldwin died in 2002 at age five, having withered away to the weight of a baby and being unable to lift his own head. His grandmother, Elva Bottineau, kept the boy and one of his sisters in a cold, fetid room, where they slept among their own waste, the inquest has heard.

The children's parents were barely out of childhood themselves when they had four kids in quick succession, and nearly as swiftly the kids were taken away by children's aid and handed over to the grandparents.

Both Bottineau and her partner, Norman Kidman, who are now serving life sentences for Jeffrey's second-degree murder, had previous convictions for child abuse when they were granted custody of Jeffrey and three siblings — something the Catholic Children's Aid Society only discovered in its files after the boy's death.

Bottineau was having a hard time with Jeffrey, she said, describing him as having a "slow learning ability."

Bottineau spent much of her testimony disparaging her daughter's parenting skills. She didn't want the kids to go into foster care, she said, so she had to look after them.

THE CANADIAN PRESS

Jeffrey Baldwin

COURTESY OFFICE OF THE CHIEF CORONER FOR ONTARIO/THE CANADIAN PRESS

‘IT’S AN INSULT’: SEALERS

Made in Newfoundland.
Sealers defend hunt in wake of WTO decision to uphold EU trade ban

JONATHAN RUSSELL
jonathan.russell@metronews.ca

Seal hunters drag a dead seal to their boat in the Gulf of Saint Lawrence in this 2008 photo. JOE RAEDLE/GETTY IMAGES FILE

“Here you are trying to manoeuvre through the ice — you got to watch those big ice pans — and a big swell in the water ... the boat was moving back and forth ... you got to watch how you’re getting through because they can throw together and put a hole right on through the boat, really — it has happened — and then you’re trying to get a shot at the seal at the same time and with this buzzing over you.”

Keith Bath, 67, first encountered “this buzzing” of an animal-rights helicopter during last year’s seal hunt off the coast of St. Anthony, N.L.

Bath, who now lives in La Scie, N.L., has been sealing for 50 years.

Last year’s catch “amounted to close to $300,000,” Bath estimates. Each of his seven crew members receive nine per cent of the cut. Fuel, his biggest cost, runs around $20,000. After expenses, the seal hunt represented 40 per cent of his annual income for 2013, he says.

His boat landed some 7,600 seals in two weeks, the majority of which were beater seals, roughly 25 days old. Hunting younger seals, or whitecoats, has been banned since 1987.

In the vast majority of those 7,600 deaths, Bath says he used a .222-, .223-, .22250- or .243-calibre rifle with a scope. Bullets cost just over a dollar each, he says.

“Not many seals are killed with a hakapik (club) from a longliner (65-footer),” he says of his vessel, which tows a speedboat used by the rest of his crew to collect the seals from the ice. “Good sealers like we are — you know, most everyone — try to make sure that they got a good shot and a head shot ... and if we sees that it’s crippled, we just gives it another bullet.”

Bath is one of 4,000 fishermen in Newfoundland and Labrador certified by the Professional Fish Harvesters Certification Board, which trains sealers in the humane killing of the animals, the regulatory process and proper handling procedures.

That certification, coupled with monitoring by the Department of Fisheries and Oceans, ensures a humane hunt, according to Frank Pinhorn, executive director of the Canadian Sealers Association.

Pinhorn balked at the World Trade Organization’s recent decision to uphold the European Union ban on Canadian seal products based on the necessity “to protect public morals.”

Keith Bath

“The decision, based on ethics and morality, is an insult to all our sealers,” Pinhorn says, adding the reason sealers are targeted by animal-rights groups is “because it’s an easy thing to do. They just lucked into the imagery of red, intense blood on pure, white ice.

“They’ll lie, they’ll cheat, they’ll use deceit — because the people making these decisions (at WTO and EU) know absolutely nothing about what it means to live in Mary’s Harbour, or St. Anthony, or Twillingate, and earn a living from the ocean.”

Beyond that, the regulations are heavily enforced, he says. All boats are subject to inspection. Bath says in 2012 one such DFO officer observed his practices.

“I try everything in the world to make sure that it’s done as clean as we can do it,” Bath says.

“You can make a mistake, anyone can make a mistake. But 90 per cent, I’d say, of (those who) goes out there try to do it as good as they can, have as clean a go as possible.”

Protecting ‘public morals’

WTO ruling based on fact

The World Trade Organization decision last week to uphold the European ban on Canadian seal products as “necessary to protect public morals” marked a breakthrough in animal-welfare cases, according to a professor of international law.

Robert Howse, who teaches at New York University, says this is because the WTO panel based its decision on factual findings versus legal findings. They differ in one key respect: A legal finding can be appealed to the appellate body — a factual finding cannot.

“What Canada did claim was that concern about the seal hunt was, on the facts, not a matter of public morality, but the emotional, eccentric opinions of one section of the European public,” Howse said.

“(But) the EU presented evidence that is compelling: That you can’t have a humane seal hunt in Canada, and the reason you can’t is that the conditions under which the hunt occurs are such that it’s really not possible to ensure and monitor that humane hunting techniques are being used.

“In other situations of animal welfare (such as slaughterhouses), it would usually be possible to address moral concerns without a ban, by merely requiring that standards of humane treatment be monitored and enforced.”

The WTO also ruled, however, the ban does not apply to Inuit or indigenous communities, “because an advantage granted by the European Union to seal products originating in Greenland (specifically, its Inuit population) is not accorded immediately and unconditionally to the like products originating in Canada.”

The Canadian government said it would appeal the ban. “Of course the Canadian government is going to appeal,” says Howse, “but the fact is that they’re not going to win anything of value.”

Quoted

“It’s the perfect bourgeois cause, because for the people who (oppose it), in Europe or downtown Toronto, it doesn’t affect their own lives at all, not even in the slightest. If they were to get excited about global warming or something, they might have to question how they impact on the environment. But they don’t have to do that with the seal hunt; they can blame it all on those nasty Newfoundlanders ... And it has great visuals.”

Lars Osberg, professor of economics at Dalhousie University,
on how the EU seal ban will affect a small part of the population significantly while hardly putting a dent in the region’s economy

EU ban a win for animal rights groups

A harp seal.
JOE RAEDLE/GETTY IMAGES FILE

In numbers

2.8M

According to the Department of Fisheries and Oceans, roughly 89,000 seals were landed in Newfoundland and Labrador alone for a total value of $2.8 million.

$590M

The provincial fishery's total catch was nearly $590 million, according to the Department of Fisheries and Oceans.

$1.8M

The International Fund for Animal Welfare spent $1.8 million on its seal campaign in 2012. The IFAW raised $2.4 million total that year, but noted it does non-restrictive fundraising, which means donors gave the money to the IFAW and the organization allocated the funds specifically toward the seal campaign.

Sheryl Fink has observed the seal hunt for 11 years, both in the Gulf of St. Lawrence and off the eastern coast of Newfoundland, known as the Front.

She says she went to observe "the cruelty, the inhumane killings."

"It's allowable to hook a seal in the face," said Fink, seal campaign director for the International Fund for Animal Welfare (IFAW). "An animal is allowed to be hooked in the face by the gaffe and dragged to the boat."

The decision last week by the panel of the World Trade Organization was a victory for IFAW and other animal-rights groups.

The 27-member state European Union is now part of 34 countries that ban Canadian seal products, including the U.S. (1972), Russia (2011) and most recently Taiwan (2013).

IFAW and other non-governmental organizations like the International Humane Society submitted an Amicus Brief with their own research and findings referred to by the European Commission in its defence of the seal ban. IFAW was also consulted by the EU as a stakeholder alongside the sealing industry to develop and implement the regulations of the EU ban on seal products, which came into force Aug. 20, 2010.

"This is significant in that it's just another international body that's looked at the seal hunt ... and they said seal bans are OK," Fink said of the WTO's ruling, adding it's another indication the world does not want seal products.

Sheryl Fink CONTRIBUTED

Haven't organizations like the IFAW created a negative view of seal products?

"It's very easy to blame the NGOs and say that we've brainwashed everyone — and I only wish we were that powerful, that we've brainwashed the WTO, and the Russian Federation, and Taiwan. I kind of wish that were true," she said, laughing.

"I think the reality is people just don't want seal products; this just isn't a product that is wanted or needed in the 21st century, just like we don't do commercial whaling anymore. I think the time has come where commercial sealing is going to be disappearing."

Check online

Read more about the seal hunt at metronews.ca

1800s

The commercial seal hunt's main purpose is to extract oil, large quantities of which are shipped to Britain for fuel for lamps, as a lubricant, as cooking oil, in processing leather and jute, and as a constituent in soap.

1914

The crew of the hunting vessel Newfoundland is caught on the ice for two days in a snowstorm. Seventy-eight men freeze to death on the ice, while 55 survivors lose limbs.

1980s

In 1983, the European Economic Community bans the importation of whitecoats (unweaned harps) and bluebacks (young hooded). In 1987, the federal government prohibits the commercial harvest of whitecoats and bluebacks, and hunting from large vessels.

2009 - Present

In 2009, the European Union bans the import of Canadian seal products. In 2011, the Russian Federation bans the import of seal products. In 2013, Taiwan follows suit.

SOURCE: DFO

Regulating the hunt

Department of Fisheries and Oceans says officers are looking most closely at the '3-step process' recommended by the Independent Veterinarians Working Group (IVWG).

- The amendment involves: a) striking (with approved firearm or hakapik), b) checking (that both halves of the cranium are crushed), and c) bleeding (before waiting a minute to skin the animal).
- DFO says the seal hunt can be properly regulated because the seals — and therefore the sealers — are often concentrated in the same areas: in the Gulf around the Magdelan Islands and in the Front east of the northern peninsula.
- DFO monitoring is done by fixed-wing aircraft, helicopter, boat and deployment of officers to each sealing vessel.

DAOUST

Dr. Pierre-Yves Daoust is a professor of Anatomic Pathology and Wildlife Pathology at the University of Prince Edward Island.

"From an animal welfare perspective, these animals (should) be killed as quickly as possible — realizing that it is a hunt and therefore it's not necessarily successful 100 per cent of the time, just like the slaughtering of domestic animals in slaughterhouses is not effective 100 per cent of the time," said Daoust. "We insisted at the WTO hearing we go back to the EFSA (European Food Safety Authority) report and see what they said, and there is no evidence there that the seal hunt is any worse than other forms of the exploitation of animals. The problem is because of the nature of the hunt — because of the nature of any hunt — it's very difficult to have robust, statistically valid observation of the whole hunt, which takes into account the weather, the types of boats, the education of individual sealers and coming up with a figure that says, X per cent of the animals are not killed properly."

DEBATE

Like issues of economic viability and morality, the science around the Canadian seal hunt is divided. Metro interviewed experts in veterinary medicine and animal welfare about the key issue surrounding the hunt: Are seals killed in a humane manner? Both testified at the WTO hearings:

BROOM

Dr. Donald Broom is a professor of Animal Welfare at the Department of Veterinary Medicine at Cambridge University, whose research includes assessing animal welfare, including pain. "I have seen that some statements by animal protection societies over-emphasize the negative aspects of sealing and some statements by sealers over-emphasize the quality of their methods," said Broom. "Seals are complex animals with a pain system similar to ours, so an injury for some minutes or hours is a major welfare problem in seals. Almost all farm animals in slaughterhouses are handled without fear being caused to them. The stunning procedure in a slaughterhouse usually causes no pain and the animal dies without recovering consciousness. It is rare for the electrical procedure or captive-bolt gun application not to work, but if it does, a second stun occurs within a few seconds. I think that it is correct that many seals shot with a rifle die without suffering. However, the number that are not killed, or rendered unconscious with the initial shot or shots, and hence which do suffer, is high."

Companies are starting to take note of consumer concerns over potentially harmful ingredients in a range of beauty products. JENNIFER POLIXENNI BRANKIN/GETTY IMAGES FILE

Beauty industry doing an about-face

Power of the people. Companies are starting to remove possibly harmful ingredients from products after pressure from customers

An environmental group says cosmetics companies are starting to listen to consumer worries over potentially harmful ingredients in their products.

Toronto-based Environmental Defence says public pressure is beginning to exert influence on the ingredients companies use in everything from shampoo and moisturizers to toothpaste and deodorant.

THE CANADIAN PRESS

Action

Recently, mega-companies such as Procter & Gamble, Johnson & Johnson and Walmart have committed to eliminating or reducing worrisome chemicals in a range of beauty products.

England. Care for a tent and a spot of tea after getting blotto at the pub?

With the festive season approaching, the scourge of drunk drivers returns. But one pub in Worcestershire, central England, has an innovative solution: installing a campsite in the garden for those too intoxicated to drive home. The Drum and Monkey's Paul Miller took our questions.

The Drum and Monkey in Worcester, England. CONTRIBUTED

How did you come up with this?

We heard about a pub in the area that had apartments for customers to use if they needed. There was nothing like that here so we contacted a tent company and they were happy to sponsor the idea.

Did you have a problem with unruly drunks refusing to leave?

It's not about drunks, more for people who have had just too many drinks to drive, and it's just for December. The police have told us it's a fantastic idea.

What do your neighbours think?

I don't know, but it can't be a bad thing to have free camping facilities. We have not heard any concerns: This is a country pub and we don't have many kids making trouble.

What kind of luxury can I expect if I sleep there?

A mug of tea at breakfast. Maybe a sandwich. On New Year's Eve we have organized free transport for anyone who wants it.

METRO WORLD NEWS

Germany

Two arrested in Bitcoin scheme

German police say they have arrested two people and seized illegally generated bitcoins worth more than 700,000 euros ($950,000 US) in an investigation of computer fraud.

Police say the perpetrators used the processing power of the hacked computers to generate bitcoins, a cryptography-based digital currency.

THE ASSOCIATED PRESS

Market Minute

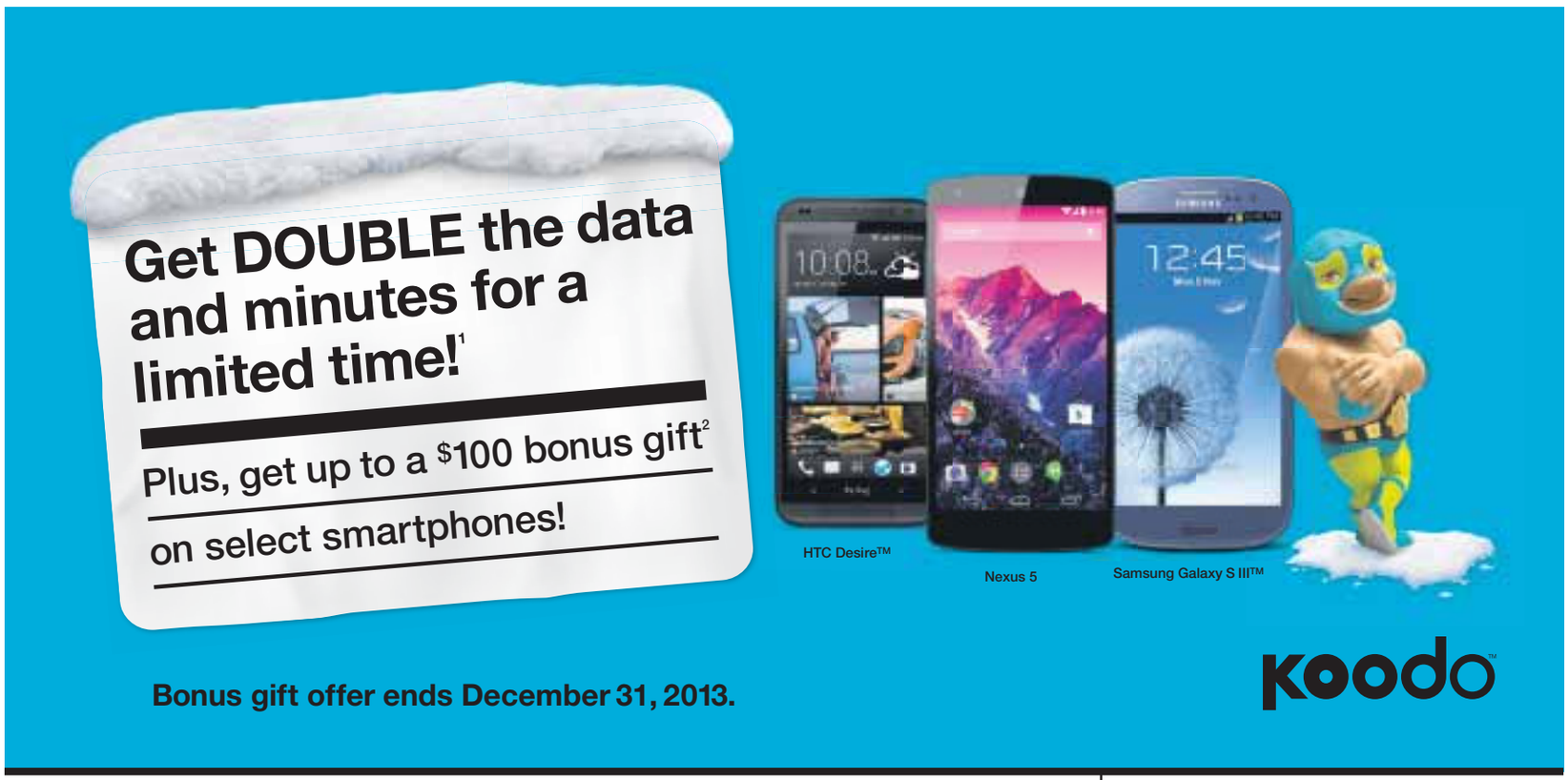
DOLLAR 93.65¢ (-0.26¢)

TSX 13,304.92 (-14.95)

OIL $97.20 US (+$1.16)

GOLD $1,247.20 US (+$26.40)

Natural gas: $3.96 US (-2¢)
Dow Jones: 15,889.77 (-24.85)


Get DOUBLE the data and minutes for a limited time![1]
Plus, get up to a $100 bonus gift[2] on select smartphones!
HTC Desire™
Nexus 5
Samsung Galaxy S III™
Bonus gift offer ends December 31, 2013.
koodo

BEST BUY FUTURE SHOP LONDON DRUGS THE MOBILE SHOP Walmart

koodo shop Cornwall Centre Southland Shopping Centre

(1) See store for details. (2) Bonus gift will vary by store location. See store for full details. Bonus gift available with new activations only. While quantities last.

FASTER THAN YOU CAN SAY 'SHOPPING'

HE SAYS

John Mazerolle
metronews.ca

I've always believed in Santa Claus, because the speed at which he delivers gifts is no faster than the speed at which I buy them.

I shop at a speed that renders me blurry to onlookers.

If there were commandos descending into a mall via zip lines and they saw me entering the store, the first words they would say when their boots touched the ground would be, "Hey, where'd he go?"

Christmas shopping is a necessary Eve-ill, but I treat the mall like it's radioactive and I've left my radiation suit at home. Think of Superman cleaning up his apartment after Lois unexpectedly rings the doorbell — scrubbing his Supershower and hiding his Superporn in a blue-red blur of anxiety.

If you find yourself spending untold minutes at the mall, here are a few pointers I follow to make sure my strategic incursion into the commercial side of the holidays isn't much longer than a holiday commercial.

1) The first step to make Christmas shopping fly by is to **have a plan**. If I write "Buy my brother a Blu-Ray he already owns" or "Break a nice ornament for Mom before I leave the parking lot," it makes it that much more efficient when it happens.

It also helps if you make a point of setting aside 4:45 to 5 p.m. on Christmas Eve, so that you're not panicking when shopping time arrives.

2) **Make room for yourself.** Depending on the mood at the mall, being jammed into a sea of zombie-like shoppers can be as terrifying as Night of the Living Dead or as tedious as The Walking Dead. And thanks to terrorism in recent decades, it's no longer appropriate to yell "Bomb!" in a crowded area.

Instead, start your day off with a hearty breakfast of garlic bulbs, baked beans and whole onions and watch those shoppers disperse like they're pepper and you're a bar of soap.

Not willing to wait in a long line? In New Brunswick, Saskatchewan or other rural areas, a seasonal cry of, "That store wrote 'Xmas' on their sign! Why do they hate the baby Jesus?" is usually enough for the line to leave in a mob (careful of the torches and pitchforks).

In Toronto, Vancouver or other metropolitan areas, try, "My word, is that a Discount Divorce, Yoga and Kale Salon?" Watch for latte splashback as they depart.

3) Don't forget that **the gifts you choose can help speed up the process.** For instance, if your kids aren't worth it, just buy batteries that will help power the toys bought by other relatives.

Or, if you believe in the true spirit of Christmas, why not take the money you would have spent on gifts and spend it on the world's many charities? What child wouldn't be touched to hear that you skipped out on the PlayStation so you could put $500 in the Salvation Army pot? What spouse could argue about vacations when you've spent all the Christmas savings on refugees?

Your whole family will be moved to tears, I guarantee.

This also might be another good time to put the Superman/Santa speed to good use.

You'll believe a man can fly.

ZOOM

Renovation turns things around

STUART C. WILSON/GETTY IMAGES

House is flipped topsy-turvy

A British artist has given the figure of speech 'to turn a place upside down' a literal side by making a building topsy-turvy. Alex Chinneck, from London, England, has created an upside-down façade to a derelict building in the centre of the city. The site where the artwork stands dates from 1780 and had been slated for demolition. METRO

Artist's bizarro world

"I enjoy tapping into people's love for the simple pleasures in life, like magic and illusion. There is more to life than survival — there is culture that is uplifting and pleasurable."

Alex Chinneck, artist

Chinneck's previous work was a brick façade in Margate, England, that "melted" off the side of a house. COURTESY STEPHEN O'FLAHERTY

Clickbait

LUKE SIMCOE
Metro Online

If you think Instagram is just a den of food snapshots and "narcissistic" selfies, you're doing it wrong. Here are some users to follow for a glimpse of the photo-sharing site's creative side.

COURTESY @PAYPHONES

@rachelryle:
The recent introduction of video has allowed Rachel Ryle to bring her brand of stop-motion animation to Instagram. Be careful, Ryle's quirky, simple videos can be addictive.

@payphones:
Dan Marker-Moore's account documents the dying days of the public payphone. The concept is simple, but the portraits are carefully composed and possessed of more pathos than you might expect.

@andrewknapp:
If you ever wished Waldo, of Where's Waldo fame, was a dog, then Andrew Knapp's account is for you. Knapp takes pictures of his border collie Momo hiding in the wilds of northern Ontario. How quickly can you spot him? (Hint: Look for the red bandana.)

Comments

RE: Woman Fights Ticket For Driving With Google Glass, published Dec. 3

'Suspicion' of speeding? And after the car was stopped? Are all police, dolts? Sounds to me more like the cop didn't actually have a reason to pull her over in the first place. Having a means of distraction nearby does not mean she was distracted.
jeff200 posted to metronews.ca

How about 'suspicion of being stupid'? Why are drivers going out of their way to find new ways of being distracted?
CCToronto posted to metronews.ca

How about ... the report is probably incorrect in stating 'suspicion of speeding'? She was likely caught for speeding; period. Police won't write a ticket for 'suspicion of speeding' lol! Preposterous.
Koree Em posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

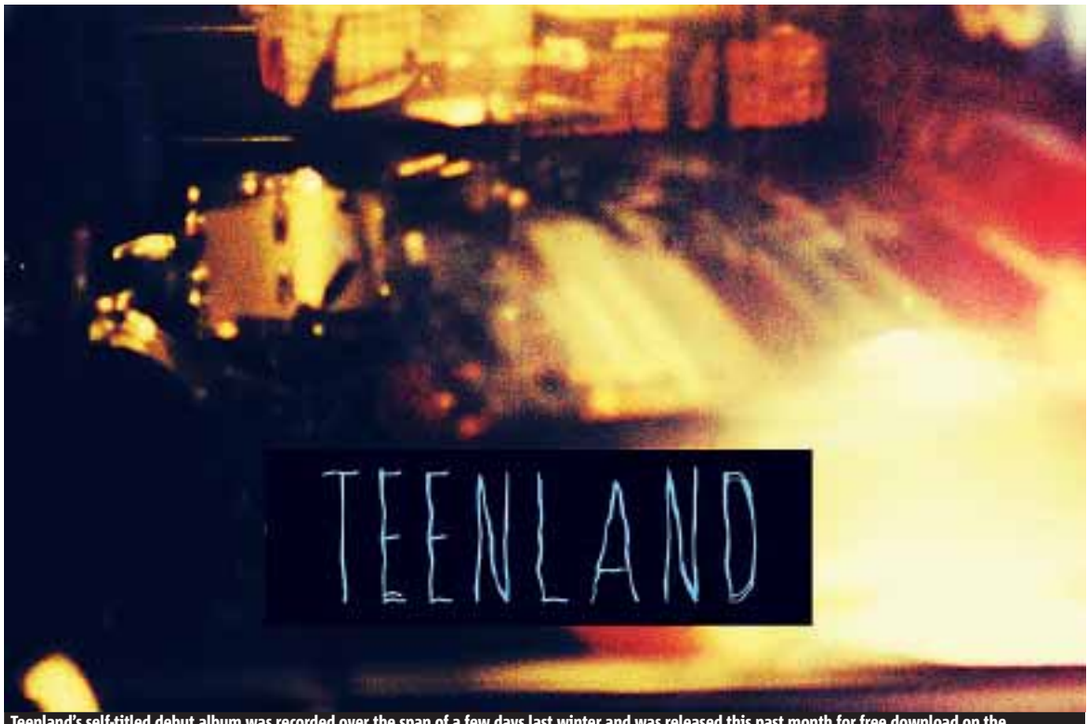
President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker
• **Managing Editor, Regina** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Kim Kintzle • **Distribution Manager:** Darryl Hobbins
• **Vice-President, Sales and Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson **METRO REGINA** 1916 Dewdney Avenue Regina, SK S4R 1G9• **Telephone:** 306-584-2025
• **Toll free:** 1-877-895-7194 • **Fax:** 1-888-243-9726 • **Advertising:** adinforegina@metronews.ca • **Distribution:** regina_distribution@metronews.ca • **News tips:** regina@metronews.ca • **Letters to the Editor:** reginaletters@metronews.ca

SCENE 2

Musical talents merge and get 'reckless' with release

The couch-chord combo. Western Canadian band members salute the punk idols of their past with collaborative offering

BACKSTAGE PASS
Jacob Morgan
saskatoon@metronews.ca



Teenland's self-titled debut album was recorded over the span of a few days last winter and was released this past month for free download on the group's Bandcamp page. CONTRIBUTED/TEENLAND

There is no official promotion or price tag attached to one of the most exciting Canadian rock albums to come out this year.

Teenland is the self-titled debut that emerged from an off-the-cuff collaboration last winter between members of Northcote, Yukon Blonde, Rah Rah and Library Voices. It was released this November for free download on the group's Bandcamp page.

Michael Dawson of Library Voices, who is from Saskatchewan and living in Vancouver, said the project started and ended over the span of a few days when his old pal Matt Goud of Northcote came to visit from Victoria.

"Most of the songs were just written on the couch in this tiny 400-square-foot apartment," said Dawson. "Despite the fact that they're kind of boisterous and loud, they were written kind of quietly."

After connecting with Rah Rah guitarist Leif Thorseth and Yukon Blonde drummer Graham Jones to flesh out the ideas, Dawson said the tracks came to life.

The four musicians went off to Bully's Studios in the New Westminster municipality just east of Vancouver to lay down nine nuggets of infectious lo-fi indie rock.

"It was a chance for us all to do something we don't always get to do with our more focused projects," said Dawson. "A chance to do something kind of reckless."

Part of the point behind Teenland, he added, is to pay homage to the punk idols from their youth.

One example of this is in the song Molly's Lips, which is originally by the Scottish alternative duo The Vaselines and was famously covered by Nirvana. Even the name Teenland references a 1987 single from Saskatoon band The Northern Pikes.

"Those bands were able to write good pop-rock songs and make them so fuzzy," said Dawson. "Teenland always stuck in my head as something that was essentially a radio hit but had this weird, dark and brooding undertone."

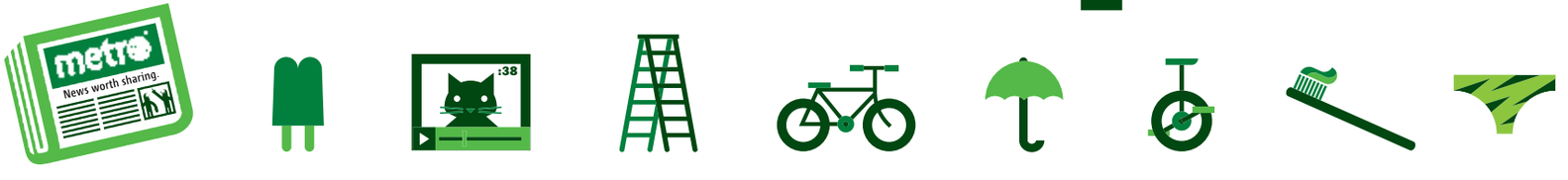
Like Dawson, Thorseth is also a Saskatchewan transplant in Vancouver. He said the two were familiar with each other when they were first coming up in the tight-knit prairie scene about 10 years ago.

"It was definitely a tribute to our teen years," said Thorseth.

While there are no immediate plans to tour, Thorseth said the guys had great chemistry and he wouldn't want to rule out the possibility of taking the album on the road if the timing ever works out.

"I had so much fun," he said. "The thing that I loved about it most was I got to turn up my amp and make it as loud as I possibly could and not worry about it."

Sharability



Tom Daley ALL IMAGES GETTY

Daley's boyfriend isn't just anyone, you know

British Olympic diver Tom Daley announced this week that he has been dating a man for most of this year, but it turns out it isn't just any man. Daley is reportedly dating Oscar-winning screenwriter Dustin Lance Black, according to E! News. The pair was spotted grabbing coffee together in L.A. in October. Black, who won his Academy Award for his script for Milk, is set to direct his next film, The Statistical Probability of Love at First Sight, next spring in London, coincidentally.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Beyoncé and Jay-Z plant their feet for diet challenge

Jay-Z and Beyoncé are officially going vegan until Christmas, the rapper announced on his Life and Times blog. "Psychologists have said it takes 21 days to make or break a habit. On the 22nd day, you've found the way," he wrote. "One day before my 44th birthday, I will embark on a 22 Days challenge to go completely vegan, or as I prefer to call it, plant-based." He also confirmed that Beyoncé "is also joining me" on his "spiritual and physical cleanse" of sorts. "I don't know what happens after Christmas," he admitted. "A semi-vegan, a full plant-based diet? Or just a spiritual and physical challenge? We'll see."

Chris Hemsworth

There's a reason that Thor kiss was so passionate

If the lip-lock between Chris Hemsworth and Natalie Portman at the very end of Thor: The Dark World seems awfully intense, that's because it wasn't actually Portman. The Oscar-winning actress tells the New York Daily News that Hemsworth's wife, Elsa Pataky, donned a wig and filled in for Portman for the scene. "It was for re-shoots, and he was working in Hong Kong and I couldn't get there because I was working on my own film," Portman explains. "And so they put his wife in my wig and costume. That's why it was so passionate."

WALKING WITH DINOSAURS THE 3D MOVIE
IN THEATRES DECEMBER 20
WALKING WITH DINOSAURS™ & ©2013 Twentieth Century Fox Film Corporation. All rights reserved.
You could
WIN
1 of 30 passes for four guests to see
WALKING WITH DINOSAURS THE 3D MOVIE
VISIT clubmetro.com TO ENTER
No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

Entrepreneur and a gentleman

Paul Smith speaks. The avuncular 67-year-old combines the eager to please affability of a local shopkeeper with the corporate know-how of a global empire proprietor

RICHARD PECKETT
Metro World News

British fashion designer Paul Smith's life and legacy is now on display at the Design Museum in London, England.
HANDOUT

Paul Smith is flitting between an official photographer and a gaggle of student iPhone snaparazzi at a new exhibition, Hello, My Name Is Paul Smith, at the Design Museum in London.

Sir Paul — a title he almost declined — excels at being a man of the people (politicians, take heed). While I'm waiting for my interview, groupies swarm to a gracious welcome — gosh, even toddlers get a hug.

The designer eschews the pretension of high fashion for humanism, a style that's clear in the exhibition's homely curation: fine art pieces flank knick-knacks from fans. Just don't call it a retrospective: "I've got enough stuff for four or five separate exhibitions," he admits.

When was the last time you wore something that wasn't designed by you?
[Laughs] 18. Although, if I'm on holiday and it's suddenly cold and I haven't got a sweater, I might buy a classic cashmere or something.

Do you feel guilty wearing other designers?

Closet caper

"I just like my stuff. I steal it from downstairs; I nick it from the shops."
Paul Smith

No, I just like my stuff. I steal it from downstairs; I nick it from the shops.

They're trying to find the samples...
... And I'm the one who has got them all.

You mentioned before that there is a level of pretentiousness and rudeness within the industry. You'd expect young people to put in the hard graft and work their way up. How do you feel about unpaid internships?
We've never encouraged unpaid internships. We get three, four, five requests a week for work placements. The best we can do these days is say, "Why don't you come for an afternoon or day?"

So you don't let people do weeks at a time?
No, no.

How do you feel about other designers doing that kind of thing?
Well, I think there is a history of it that goes back 20 or 30 years. When people are starting out, it's supposed to be an honour to work but I'm not really sure about that.

Did you ever want to be famous?
No. In this environment here, you expect people to know who you are, but when I walk down the street luckily I'm not a famous face, so thank goodness for that.

I noticed when I walked into the exhibition that your first shop was tiny. It's like a changing room.
I know. It was meant to be a shop! There was a curtain at the top of some stairs to a tiny changing room. The point of that exhibit is to show that you can start in a way that is considered very humble and then you can grow...

You're not keen on email and computers in general. Do you think that being immersed in technology kills the creative side?
Personally, I'm not into it but I understand it. If you walk outside my room in Covent Garden there are four young ladies that help me: the PA and secretaries get about 600 emails a day, so I'm very IT savvy, as is the whole company. Personally I find that the use of my own eyes, my photography, my notes, works for me – but each to their own. It's about balance.

You said before of the runway, "It's £500,000 on 14 minutes." Does it seem a bit ridiculous?
Absolutely. Unfortunately, it's very much part of the process. A lot of the younger designers — and this is another reason for making this exhibition so down to earth — think that's what it's about: a fashion show and about twenty shops or whatever. Actually, it's only a tiny part of the process. Even if you have the best fashion show in the world but you don't make the clothes beautifully at the correct price and deliver on time and get paid, then it's all a bit of a waste of time.

Would you prefer to do a small salon show?
I would love to do a small salon show again. I used to: my first showroom was in a bedroom and my first show was in my friend's apartment in Paris.

Canadian street style

Spotted in: Vancouver

Name: Sophie

Age: 41

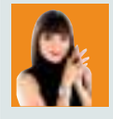
Occupation: TV production manager

What she's wearing
Jacket from Zara, denim vest from H&M, sweater from Gap, bag from Red Flag Design (local), scarf is gifted, jeans from Topshop, sunglasses from Arc Clothing, boots from Gravity Pope.

Her inspiration
"My style is casual and on-the-go. I like versatility in my outfit — something I can wear to the office and go on a night out after."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

With the always awesome Kirk Pickersgill @GretConstantine @PGBGAwardsCAN @TheCarlu

Did you know Brussel Sprouts grew on stalks?!!! Delectable veggies by culinary master @Vivian_Reiss

Crab and Ricotta Mousse: 'Tis the season for creative appetizer ideas

Looking for a classy appetizer idea to whet your guests' palates? Try this Crab and Ricotta Mousse, which is equally delicious with shrimp instead of crab. The mousse can also be moulded in a terrine and served sliced.

Ingredients

- 2 tbsp (30 ml) lime juice
- 1 envelope unflavoured gelatin
- 2 tbsp (30 ml) boiling water
- 2 stalks of celery, coarsely chopped
- 1/4 cup (60 ml) fresh parsley leaves
- 2 tbsp (30 ml) fresh cilantro leaves
- 1 green onion, coarsely chopped
- 1 tsp (5 ml) lime zest
- 8 oz (225 g) crabmeat, drained, divided
- 1/4–1/2 tsp (1–2 ml) smoked paprika, mild or spicy
- 10 oz (300 g) Quality Cheese Ricotta
- Salt and freshly ground pepper
- 1/4 cup (60 ml) panko bread crumbs
- Cilantro

1. Pour lime juice into a small bowl and sprinkle with gelatin. Let stand 5 minutes to soften, then add 2 tbsp (30 ml) boiling water to dissolve gelatin.

2. Place celery, parsley, cilantro, green onion and lime zest in a food processor. Process until finely chopped.

3. Add half the crabmeat, the paprika and Ricotta. Process until well combined, add gelatin and season with salt and pepper.

4. To mould the mousse, use a muffin pan or individual moulds (ramekins). Line inside of moulds with plastic wrap or parchment paper to make unmoulding easier.

This recipe serves eight to 10 people. DAIRY FARMERS OF CANADA

5. Pour mousse into moulds. Cover loosely and refrigerate until set, about 2 hours.

6. To unmould muffin pan, invert over a baking sheet, remove plastic wrap and place on plates. To unmould ramekins, invert each over plates and remove plastic wrap.

7. Garnish with remaining crab, panko bread crumbs and cilantro. DAIRY FARMERS OF CANADA (ALLYOUNEEDISCHEESE.CA/GRANDPRIX)

For your phone

Great British Chefs Kids Christmas (iPad/iPhone; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Show your elves how to share through holiday cooking with these kid-friendly festive recipes curated by British chefs that include gingerbread animals, risotto faces, turkey meatballs and Christmas eclair trees.

Good things come in mini packages — and sandwiches

Mini Monte Cristo Sandwiches

1. Cut baguette crosswise into 40 equal slices. Arrange on parchment-lined baking sheet. Brush the top of each slice with mustard. Top half of the slices with a slice of Emmental, a piece of ham and another slice of Emmental. Place the remaining baguette slices, mustard side down, on top.

Ingredients

- 1 baguette (350 g), ends cut off and discarded
- 1/4 cup (50 ml) Dijon mustard
- 1 pkg (120 g) PC French Emmental Slices, cut in forty 2 X 1-1/2-inch (5 X 4 cm) rectangular slices
- 5 oz (150 g) roasted ham, cut in twenty 2 X 1-1/2-inch (5 X 4 cm) rectangular pieces
- 4 eggs
- 1/2 cup (125 ml) whole milk
- 3/4 tsp (4 ml) salt
- 1/2 tsp (2 ml) freshly ground black pepper
- 1/8 tsp (0.5 ml) ground nutmeg
- 1/4 cup (50 ml) unsalted butter

This recipe serves 20. PRESIDENT'S CHOICE

2. In medium bowl, whisk together eggs, milk, salt, pepper and nutmeg.

3. In nonstick frying pan, melt half of butter over medium heat. Working with few sandwiches at a time, place in egg mix until they have soaked up a bit of it. Flip over to let them soak other side. Place sandwiches in hot pan. Continue to soak and add sandwiches to hot pan until half of the sandwiches are in pan. Cook 4 minutes per side or until golden and crisp and cheese is melted. Transfer to platter; cover loosely with foil. Repeat with remaining butter and sandwiches.

COURTESY PRESIDENT'S CHOICE

App. Turkey and Brie Puff Pastry Bites

1. Preheat oven to 425 F (220 C). Place puff pastry on work surface. Roll pastry out in one direction to form rectangle; cut into 24 pieces. Press each piece into the cups of a 24-cup mini muffin pan, allowing some overhang. Freeze 10 minutes.

2. In small bowl, stir together turkey and mayonnaise. Remove muffin pan from freezer; divide turkey mixture among the cups. Top each with a piece of Brie, pressing down slightly.

3. Bake in centre of oven for 20 to 22 minutes or until pastry is golden on bottom and cheese is melted and starting to brown.

4. Meanwhile, in small bowl, stir together Dijon and honey. Transfer pastry bites to a long platter; drizzle Dijon mixture over top and garnish with parsley leaves.

NEWS CANADA/ PRESIDENT'S CHOICE

Ingredients

- 1/2 PC Butter Puff Pastry, thawed but still cold
- 5 oz (150 g) roast turkey breast, finely diced
- 3 tbsp (45 ml) mayonnaise
- 1 pkg (200 g) PC Double Cream Brie, rind removed and cheese cut into 24 equal pieces
- 2 tbsp (25 ml) Dijon mustard
- 1 tbsp (15 ml) honey
- 24 fresh parsley leaves

Pining for the scent of a holiday tree

Nothing smells better than when a fresh-cut tree arrives in the house for the holiday season. Sadly, the scent quickly disappears, but there are a variety of ways to re-create it. If you're using an artificial tree this year, you'll want to pick up one (or two) home fragrance options. By layering a few of these, you'll transport yourself into a winter forest. I've sniffed and tested many of the options, and here are the winners.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Getting the most out of your home fragrances

- Layer the scent of fresh-cut trees by using a variety of brands and applications. That will create a realistic fragrance throughout the house.
- Dab fragrance oils in discreet places, such as on felt tree ornaments, inside a bathroom tissue roll or on cotton swabs stored in closets.
- Place a diffuser near an air-intake vent so as to distribute the scent throughout the entire house.

ISTOCK

Best fragrance oil

Oils can be dabbed anywhere around the house for a subtle scent. Crabtree & Evelyn Home Fragrance Oil, Windsor Forest scent, $9, crabtree-evelyn.ca.

Best candle

The royal family of scented candles, infused with rich oils. Diptyque candle in glass, Pine Bark scent, $75, Holt Renfrew.

Best wax melts

Safer than a candle but with all of the warm-wax smell. Glade Wax Melts Warmer; $12, Sparkling Spruce scented Wax Melts, $3, glade.com.

Best air spray

Keep a can near the front door and spritz just before guests arrive. Thymes Home Fragrance Mist, Frasier Fir scent, $18, thymes.com.

Best reeded diffuser

Place diffusers in open areas like foyers or the corner of the living room. Fruits & Passion Decorative Diffuser Set, Boreal Fir scent, $28.50, fruits-passion.ca.

Lane Way Homes in Harbour Landing *Prices Starting at* *$354,044*

The Aries

1418 sq.ft.
5318 Whereatt Road
$387,168

The Lyra

1318 sq. ft.
5314 Whereatt Road
$367,568

The Orion

1377 sq.ft.
5322 Whereatt Road
$386,377

The Pavo

1448 sq. ft.
5310 Whereatt Road
$393,048

Show Homes
244N Thauberger Road
5301 Mitchinson Way
Monday – Thursday 7-9pm
Saturday & Sunday 1-5pm

artisan

Find your new home now at *www.ArtisanDesignBuild.ca*
Call us at 306-988-1869

Above prices include house, lot, GST, connection fees & piles. Images are artist renditions and are subject to change.

Show appreciation to designated drivers

For those who love to entertain, the holidays are a much anticipated opportunity to be the gracious host of a great party. Inviting friends and family to a festive night out is a form of giving and a way to show we care.

But the tone can turn sour if the host suddenly has to play "the heavy" when a guest has had too much to drink, especially if that guest is planning to drive.

What does a caring host to do? One solution is to fill your guest list with designated drivers.

As it is with many circumstances, prevention is the best remedy. Hosts who want to relax and worry less about consequences at their party can encourage guests ahead of time to volunteer as a designated driver.

By keeping a few basics in mind, hosts can help to ensure a safe and positive experience for everyone, including the designated drivers, as follows:

By keeping a few basics in mind, hosts can help to ensure a safe and positive experience for everyone, including designated drivers. LLASZLO/SHUTTERSTOCK

• Advance planning is key — ask guests to volunteer well before the party.
• Let everyone know you will serve alcohol-free drinks.
• Remind volunteers that a designated driver abstains from alcohol.
• Ask those who plan to drink to leave their vehicles at home.
• Keep the inconvenience to designated drivers to a minimum by matching them with passengers who live close to their home. Tell them you will ask someone else to take a turn driving next time.
• Personally thank designated drivers for helping to keep our roads safe.

NEWS CANADA

Hosts. Ensuring safety of your guests

A lot of preparation goes into a memorable holiday party. It starts slowly with sending out invitations and dusting off the decorations days or weeks ahead of time, then gains speed from grocery shopping all the way through to placing the final sprig of parsley on the canapés.

After all the hustle and bustle, it's tempting to think the prep is over when the first guest arrives at the door, but seasoned hosts know the doorbell signals that the next round of planning is just beginning.

Know that being a host comes with responsibilities to your guests.
ALAN BAILEY/SHUTTERSTOCK

"Every successful party needs a happy ending," said Charlie Angelakos, the vice-president of corporate affairs at Labatt Breweries of Canada. "Hosts need to play a role to ensure the safety of their guests and communities, and that means preventing their guests from drinking and driving."

Here are a few tips to help hosts with the in-party planning:

• Offer alcohol-free drinks. Remind volunteers that a designated driver abstains from alcohol.
• Recognize the signs of intoxication in your guests such as fast/slow/loud/slurred speech, the physical clumsiness or lack of alertness, tiredness, red eyes or heavy eyelids.
• Explore the options. Assign a sober companion to get the guest home safely. Call a friend or relative to pick up the guest, or provide them with money for a taxi.

NEWS CANADA

- Distracted Driving which includes cell phone use, contributed to 60 deaths and more than 2,200 injuries last year.*
- Impaired Driving is the second leading cause of fatal collisions in Saskatchewan.*

Stay Focused. Drive Smart.

caask.ca/advocacy-safety

CAA SASKATCHEWAN

*Source: SGI

Weston Dressler says he's begun talks with NFL teams after helping the Roughriders win the Grey Cup. TOM SZCZERBOWSKI/GETTY IMAGESG

Dressler, Sheets mull NFL options

CFL. Riders pair talk chance south of the border as they head into busy off-season

ROSS ROMANIUK
ross.romaniuk@metronews.ca

They're newly named CFL all-stars for their heroics with the Saskatchewan Roughriders this past season, though running back Kory Sheets and receiver Weston Dressler are no certainties to be back with the Green and White next year.

Dressler, one of five Riders named on Wednesday to the CFL all-star team — along with Sheets, offensive lineman Brendon Labatte, defensive end Alex Hall and safety Tyron Brackenridge — said on Wednesday that he's spoken with numerous NFL teams about next season.

"We've started with those talks. And hopefully by the end of the week, I'm planning on having some workouts lined up," Dressler told reporters at Mosaic Stadium, declining to specify the number or names of the franchises he's been in contact with south of the border.

"There are a few that just seem like talks, and there are a few that seem very interested. It's hard to put a number on which ones I'll look at seriously."

Sheets, meanwhile, said he hasn't been in contact with NFL clubs yet this off-season while he prepares to head to his home in Florida for much of the winter.

"I haven't really talked to my agent. I've been just very busy … trying to pack up the house and make sure everything is finalized before I left," Sheets said, leaving the door open to speaking to NFL franchises sometime soon.

"You could get a call tomorrow — you could get a call six months from now. That's just how the NFL is. When they need you, they need you. When they don't, they don't."

If he opts to return to the CFL next season and is left unprotected by the Riders in this month's expansion draft, Sheets said he won't consider Ottawa a possible new home should the RedBlacks select him.

"Not at all. I'm a Roughrider, through and through," Sheets insisted.

"You don't have to worry about me talking to another team."

The NFL, said North Dakota import Dressler, is "something that I've looked at, really, my whole life. So to have that opportunity, I guess, is nice. I'm just really trying to figure out what will be the best situation for me when the time comes, to really make a decision on it. I'm not going to close the doors on anything at this point."

Keon Clark

Ex-Raptor gets 8 years in prison

Former Toronto Raptor Keon Clark, who has said he is trying to turn his life around, was sentenced to eight years in prison Wednesday in a plea agreement with prosecutors on weapons and driving under the influence charges.

Clark pleaded guilty to two charges in two separate cases and was given four years for each count. He previously faced weapon, drug and traffic-related charges.

THE ASSOCIATED PRESS

NFL

Steelers coach's sideline shuffle proves costly

Steelers coach Mike Tomlin's ill-timed two-step has cost him $100,000 and could cost his team a pick in next year's draft.

The league fined Tomlin $100,000 on Wednesday for nearly colliding with Baltimore's Jacoby Jones during a kickoff return on Thanksgiving.

THE ASSOCIATED PRESS

Trouble in Toronto

"It has been a challenged market there, and certainly has not translated into enough wins for us there."

Russ Brandon, president of the Buffalo Bills, on the team's series of "home" games played in Toronto. Brandon stopped short of saying the team would consider or be allowed to opt out of the four remaining years of the Bills in Toronto deal, which they renewed in January with Rogers Communications.

King Henrik. Goalie gets 7-year extension in N.Y.C.

Just two days after surprisingly watching from the bench for a second straight game, No. 1 goalie Henrik Lundqvist agreed to a long-term contract extension with the New York Rangers on Wednesday.

Lundqvist, in the final season of a six-year, $41.25-million deal, agreed to a seven-year contract reportedly worth $59.5 million. His salary-cap charge would rise from $6.875 million to $8.5 million and make him the NHL's highest-paid goalie.

The 31-year-old native of Sweden is off to a slow start this season, especially by his standards, going 8-11 with a 2.51 goals-against average and a .917 save percentage in 20 games.

THE ASSOCIATED PRESS

Roar of the Rings

Martin, Jacobs remain unbeaten

There isn't much room at the top as Kevin Martin and Brad Jacobs continued to handle challenges with ease and remain unbeaten with 5-0 records at the Olympic Curling Trials in Winnipeg.

The tie for first will be broken Thursday, when Martin and Jacobs meet in the evening draw.

THE CANADIAN PRESS

24/7. Cameras begin rolling on Leafs' struggles

From injuries to a lack of discipline and a rough stretch on the penalty kill, the Toronto Maple Leafs are dealing with a bevy of problems.

Mired in a five-game losing streak, they'll try to turn things around with the spotlight brighter than ever as HBO's 24/7 cameras began filming them at practice Wednesday. THE CANADIAN PRESS

Phil Kessel abruptly left practice on Wednesday and was followed into the locker-room by cameras. TORSTAR NEWS SERVICE FILE

Horoscopes

♈ Aries
March 21 - April 20
A friend you have not seen for a while will come back into your life today, tomorrow or over the weekend. This time, when you say farewell, promise to stay in touch — and mean it.

♉ Taurus
April 21 - May 21
What you focus your attention on today will seem more important than it is, so make sure you focus on positive things. Your mind is a powerful tool and can create happiness as easily as it creates sadness.

♊ Gemini
May 22 - June 21
Partners and loved ones will be full of themselves today and you may find it hard to get a word in edgeways. Give the impression you are listening, even if your mind is far away.

♋ Cancer
June 22 - July 23
You have much to do over the next 24 hours, so start early and don't expect to get home until late. When your head hits the pillow, put all the worries of the day behind you. Tomorrow will be as trying. Get some rest.

♌ Leo
July 24 - Aug. 23
Mercury, planet of communication and the mind, joins the Sun in the most creative area of your chart today. What does that mean? You must let the world know your achievements — of which there are plenty.

♍ Virgo
Aug. 24 - Sept. 23
What happens today, tomorrow and over the weekend may look chaotic but if you cross your eyes slightly, you will see there is a pattern. Never doubt that your life is moving in the right direction.

♎ Libra
Sept. 24 - Oct. 23
The more you are on the move the today, the more likely it is you'll meet people who bring a smile to your face. What could be more important than that?

♏ Scorpio
Oct. 24 - Nov. 22
You will, as usual, get your way today and you will, as usual, win whatever battle of words and wits you are involved in. But, just because you win does not mean you are right.

♐ Sagittarius
Nov. 23 - Dec. 21
If you are not doing so already, you should be making big plans. Cosmic activity in your birth sign indicates that the more things you start the more you will accomplish and the more fun you will have.

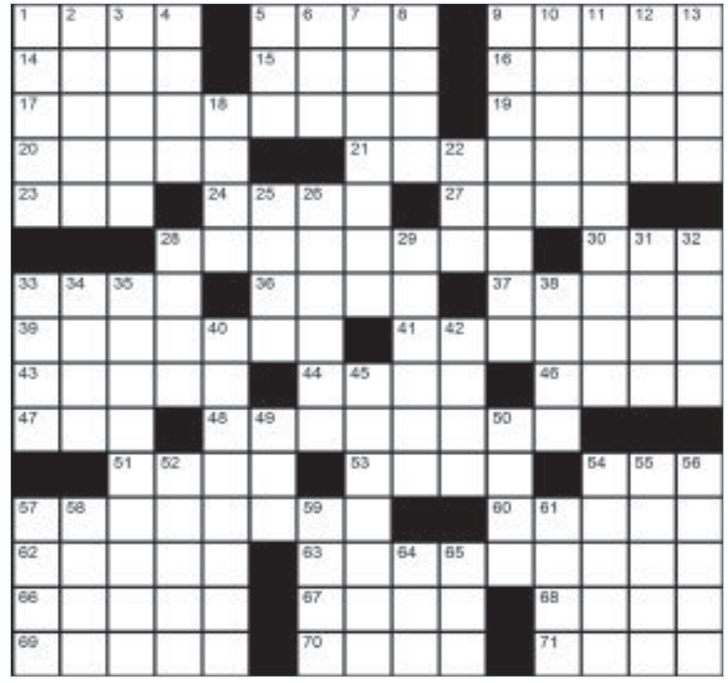
♑ Capricorn
Dec. 22 - Jan. 20
It may seem as if you are being held back by circumstances beyond your control but is that true? The planets indicate it's likely that you're putting mental obstacles in your path that have no reason being there.

♒ Aquarius
Jan. 21 - Feb. 19
Friendships and social activities are under excellent stars but why wait for other people to make things happen? Get out and make them happen yourself. A sense of adventure will take you a long way.

♓ Pisces
Feb. 20 - March 20
Someone in a position of authority will praise you for a job well done and your confidence will go through the roof. But don't get sloppy. The reason you did such a good job was because you planned and worked hard. SALLY BROMPTON

Crossword: Canada Across and Down

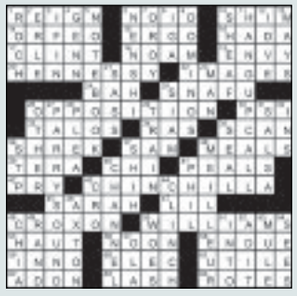
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Supreme god of Greek myth
5. Actress Cameron
9. Snail's trail
14. Once
15. "Why, __ __ honoured!"
16. Hermit
17. "Canada AM" viewing time
19. Hockey game instrument
20. Harsh
21. City on Lake Ontario between Hamilton and Toronto
23. Dadaist Jean
24. Top notcher
27. Simplicity
28. Winter shoveller's side-of-driveway creation
30. Obi-__ Kenobi
33. Diminutive data
36. CD part, variantly
37. Q. "__ '__' a U2 song?" A. "Yes."
39. Regina-born actor Leslie
41. It's helpful in making a comparison
43. Military trainee
44. 19th-century Danish composer, Niels __
46. Prefix meaning 'Thought'
47. 'Verb' suffix (Wordy)
48. Not a good fit
51. Uncommon, in Latin
53. Writer Roald Dahl's gol emperor)
54. Directions provider
57. China's biggest city
60. Depart
62. "Rolie __ Olie"
63. Toronto transport
66. For __ __ see (Open for the public)
67. Promissory notes
68. Stylish
69. Ancient civilization of Central America
70. Family __
71. Sacred

Down
1. Z as in __
2. Mistake
3. Consume completely: 2 wds.
4. Pre-wedding event
5. "Who cares?" = "What's the __?"
6. Ms. Lupino
7. Does sponge work
8. Catherine __-Jones
9. European country where Bratislava is the capital
10. Loughlin and Singer
11. Artsy area of Calgary
12. Lunch, for example
13. Coastal bird [var. sp.]
18. Genghis __ (Mon-
22. Mattel guy
25. Encrypt
26. "Dallas" family, The __
28. Exclusive
29. Evangeline's home
31. Ms. Jolie, to pals
32. Single-named singer with a hyphen in his name
33. Sudbury landmark, __ Superstack
34. Ms. Vardalos, and others
35. __-funded agency
38. Dropped in standings
40. Primitive fish
42. Belgium neighbour, for short
45. Michael Ferguson, __ General of Canada
49. "Uh-uh."
50. She, in Sherbrooke
52. "West Side Story" (1961) character
54. Manly
55. Help
56. "When a Man Loves a Woman" by __ Sledge
57. Meat-in-a-can
58. Greeting in Granada!
59. "Be that __ __ may..."
61. Engrave
64. Ms. McClanahan
65. 'Legal' suffix (Lawyer-speak)

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	1	4	7		6	8	2	
3	8						6	4
		9	3		1	5		
	7			4			3	
		2	5		8	9		
8	6						1	3
	9	3	8		2	7	5	

Yesterday's Sudoku

3	4	8	6	1	7	9	2	5
5	6	1	4	9	2	7	3	8
7	9	2	3	8	5	6	1	4
8	3	5	7	6	9	2	4	1
6	2	4	8	5	1	3	9	7
9	1	7	2	4	3	8	5	6
2	7	6	1	3	4	5	8	9
4	5	3	9	7	8	1	6	2
1	8	9	5	2	6	4	7	3

Today
-19°/-25°
Variable
Friday
-22°/-30°
Variable
Your #1 weather forecast now available in HD.
HD
TWN incorporates MSC data

visit metronews.ca
metro

ACTION
CAR AND TRUCK ACCESSORIES™

707D McDonald Street
Regina, SK
Ph: 306-775-2645
www.actioncarandtruck.com

Holiday SALE

On Sale until Dec 14!

RIGID Dually LED Spot Lights

Compact LED lights offering 1568 lumens of light. Measures 3"x3". Fits almost anywhere.

15% OFF

SALE PRICE!
$183.59 RIG20221
Reg $215.99

FREE Swingcase Offer

Purchase a Flex Tonneau Cover and get a **FREE Undercover Swingcase!**

Retail Value: $234.99

- Easily removable
- Swings out for easy access
- Lockable
- Makes storage convenient
- Made from high impact ABS plastic

Undercover Flex
$889.99 UNDFX11005

THULE THULE THULE
All Roof Top Boxes
20% OFF!

Several styles to choose from.

THULE CHASM BACKPACK/DUFFEL

with a wide mouth opening and removable backpack straps. These rugged and weather resistant duffels are a go-to gear hauler for any adventure.

Starting at
$91.79 THL201100
15% OFF
Comes in XS, S, M

Fiberglass Truck Cap

High Rise or Cab High Fiberglass Truck Caps are the perfect solution to maximizing the potential of your pick-up.

Purchase a Truck Cap and Get a
$100 Action Gift Card

FINANCING AVAILABLE!

WeatherTech®
PROTECT YOUR VEHICLE

From the Damaging Effects of Snow and Salt with FloorLiner™ DigitalFit® from WeatherTech®

- Deeply sculpted channels
- Holds up to 1 liter of fluids
- Won't curl or crack in the cold
- Available for the front, back and trunk areas of over 200 vehicle applications

Starting at
$138.95

PROTECT YOUR ENTIRE VEHICLE FLOOR. AVAILABLE IN BLACK, TAN AND GRAY.

Cargo Liner starting at
$142.95

ASTRA 300RS Remote Starter

- Complete Remote Engine Start System
- Plug-in user programmable Coded Override Switch and LED Antenna
- Power Door Lock Control
- Only compatible with automatic transmissions

SCYTEK ELECTRONICS

INSTALLED STARTING AT
$169.99*

*Some restrictions apply. Vehicles that require a security bypass are subject to an extra charge.

good-bye Winter Chill

Enter to WIN!

Enter Online
facebook.com/action-carandtruck
or
in-store!

Radio Control

WIN 1 of 2 Traxxas Trucks

ENTER TODAY TO WIN A POWERWHEELS® ESCALADE™ or 1 of 2 Traxxas Trucks

PLEASE PRINT CLEARLY

Name: _____

Address: _____

City: _____ Province: _____

Postal Code: _____ Phone: _____

Become an Action Insider - Receive monthly specials and great deals!
To do so provide your email address below:

Email: _____

Bring this ballot to any ACTION location near you before December 14, 2013.

Special offers and sales valid to December 14, 2013 at location listed above. We reserve the right to limit quantities and to correct typographical and illustrative errors. Pricing, specifications and features are subject to change without notice.